

July 2020



Island County Parent to Parent Newsletter

We will continue to follow the Governor's directive on phased openings of our communities.
Stay Healthy, Stay Connected



Coffee &
Conversations
is going virtual
and we hope you
join us.

Starting July 1st Parent to Parent will be offering Coffee & Conversations through Zoom. If you are raising or supporting a child/adult with disabilities, join us. No speakers, no commitments. Drop in and say "HI!".
Ask questions or look for support from other families in Island County that "get it".

First Wednesday of the month 11:00am-Noon

Second Wednesday of the month 6:30-7:30pm

To **RSVP** for either or both of the Coffee and Conversations, email t.wheeler-thompson@islandcountywa.gov at least 30 minutes prior to the event for the Zoom Link.

Summer Looks Different This Year But We Can Still Have Some Fun!

Washington State Parks: DISABILITY PASS - NO CHARGE

Good for 50% discount on nightly camping / moorage. Free watercraft launching, trailer dump and day-use entry. Valid year round. Available for one-year (short-term disability) or five-year (permanent disability) periods. Offered to Washington state residents who are legally blind, profoundly deaf, developmentally disabled, or who meet the disability definition used by the U.S. Social Security Administration.



Note: A Permanent Disability Parking Permit, issued by the Washington State Department of Licensing, also entitles you to the 50% disability discount on camping and moorage and waives the trailer dump, boat launch and day use entry fee. Simply show your license plate or issued wallet card along with matching ID directly to the park ranger. <https://parks.state.wa.us/205/Passes>



A FREE, lifetime pass for National Parks, plus a \$10 handling fee. - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not have to be a 100% disability) - that provides admittance to more than 2,000 recreation sites managed by five Federal agencies. <https://store.usgs.gov/access-pass>

Fish and Wildlife Commission Eligibility Requirements and Reduced Fees with Disability



Hunting, Fishing & Shellfish licenses at a reduced rate.

The Washington State Legislature and Fish and Wildlife Commission established eligibility requirements. Having WDFW disability status will provide access to programs, services activities, lands and facilities. WDFW disability status meets the Americans with Disabilities Act (ADA), Title II, and Section 504 of the Rehabilitation Act.

Receiving a disability award or rating from the Social Security Administration or any other federal, state, or county entity does not automatically make one eligible for accommodations issued by WDFW. <https://wdfw.wa.gov/accessibility/eligibility-requirements-disability-status>

Eligibility Requirements for Disability Pass from <https://wdfw.wa.gov/accessibility/eligibility-requirements-other-reduced-fees>

Reduced Fee Chart <https://fishhunt.dfw.wa.gov/#/application/help?tab=3&subTab=-1>

Summer 2020 Recreation and Staycation Options

Summer activities might look different in 2020 because of measures to slow spread of COVID-19. Here are some ideas for accessible staycations and other recreation options. This list is subject to changes and updates. Have a suggestion to add? Send us an email: pave@wapave.org. <https://wapave.org/summer-2020-recreation-and-stay-cation-options/>

Please note that these resources are not affiliated with PAVE, and PAVE does not recommend or endorse these programs or services. This list is not exhaustive and is provided for informational purposes only.

Virtual Options

Crip Camp 2020: The Virtual Experience Join fellow grassroots activists and advocates this summer for a virtual camp experience featuring trailblazing speakers from the disability community. All are welcome, and no prior activism experience is necessary to participate.



Low-Tech Fun

Pirate Treasure Hunt: Dress up as pirates to follow clues that lead to a bounty of treasure! Decorate the house, offer goldfish-shaped crackers as snacks, and design an X to mark the spot where the treasure is found!

Under the Stars: Stay up late to learn about astronomy. No cost apps like Sky Map and Star Walk help locate planets, stars, and constellations with ease. Make it fun on a warm night with a blanket on the grass to keep you comfy while you gaze up!

Unplug and get off the grid: Make a point to unplug and tune into fresh air, exercise, and nature. If you don't already know an outdoor spot to explore, All Trails can help you find hiking or walking trails.

Check out PAVE's Lessons at Home videos: We've got short, curiosity-inspiring projects that require limited equipment for those "I'm bored!" moments.

Practice being Mindful: Need a breath and a moment of peace? PAVE has short videos for creating mindfulness that are accessible for almost all ages/abilities.

For more information about Summer Fun Ideas or information about special education, check out WA PAVE

(800)5PARENT <https://wapave.org/>



PARENT to PARENT

Island County Parent to Parent
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Like us on Facebook for updates on events and resources in our community.



Find us on Facebook



Novel Coronavirus Outbreak (COVID-19)

The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington, or how the virus is spread, call (800)525-0127. Phone lines are staffed from 6am-10pm seven days a week. Please note that the call center can not access COVID-19 testing results. For testing inquiries or results, contact your health care provider.

Stay up to date with accurate information and resources

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.doh.wa.gov/Emergencies/Coronavirus>

Due to the health concerns surrounding COVID-19, Parent to Parent has canceled support groups through June.

If you are seeking resources for developmental disabilities or mental health challenges, check out our Island County Special Needs Resource Guide. Our website also contains archived newsletters and other Island County Human Services programs. <https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

BEST BUBBLE RECIPE

12 cups water
1 cup dish soap
1 cup cornstarch
2 tbs baking powder

Add ingredients into a clean bucket.
Stir gently. Let sit for 1 hour before using.



Homemade Sidewalk Chalk!!

Using 2 muffin tins... take 1 1/2 cups cornstarch and 1 1/2 cups water, mix it up and divide it into the 12 muffin cups. Add 2 to 3 drops of food coloring of your choice into each cup and stir. Let harden then pop out and let the kids go crazy!! :)

Stay Connected. Stay Healthy. Reach out anytime. We are available via Zoom, phone call, email, text. We are all finding our new normal. Don't do it alone. Support and resources are available. We hope to be up and running again, seeing families and making connections soon. t.wheeler-thompson@islandcountywa.gov Call/Text (360)632-7539 Check us out on Facebook <https://www.facebook.com/islandcountyparent2parent/>